EFFECTIVENESS OF SELECTED RELAXATION TECHNIQUE ON REDUCTION OF STRESS, ANXIETY AND DEPRESSION AMONG ELDERLY RESIDING IN SELECTED OLD AGE HOMES AT TVM DISTRICT KERALA

Submitted by

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in partial fulfillment of the requirements for the degree of

DOCTOR OF PHILOSOPHY

FACULTY OF NURSING

MEENAKSHI ACADEMYOF HIGHER EDUCATION AND RESEARCH (DEEMED TO BE UNIVERSITY)

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